



CLASS SCHEDULE

Monday	5:30 am 8:30 am 10:00 am 5:30 pm	Cycle Beats HIIT Intervals Flow Yoga Mat Pilates	Kerry Kelley Carol TBD	Spin Studio Group Fitness Group Fitness Group Fitness
Tuesday	7:00 am 9:00 am 10:00 am 5:30 pm	Strength HIIT Circuit Cycle power Chisel Kickboxing	Justin Linda Justin Micheal	Performance CTR Spin Studio Group Fitness Group fitness
Wednesday	5:30 am 7:00 am 10:00 am 5:30 am pm	Cycle Power Upper/Lower body Pump Flow yoga Strength circuit	Kerry Jenn Carol Justin	Spin Studio Group Fitness Group fitness Performance CTR
Thursday	7:00 am 9:00 am 10:00 am 5:30 pm	Strength Circuit <i>Hiit boot</i> Cycle power Chisel Chisel <i>Upper/Lower Pump</i>	Justin Linda Maggie Justin	Group Fitness Spin Studio Group Fitness Group Fitness
Friday	8:30 am 9:15 am 10:00 am	Cardio power Pump Fast & Furious 45 Cycle Flow Yoga	Kelley Linda Carol	Group Fitness Spin Studio Group Fitness
Saturday	7:00 am 8:00 am	Cycle power Strength circuit	Kerry Jenn	Spin Studio Performance CTR
Sunday	9:00 am	TRX	Lisa	Group Fitness

All Classes are 50 minutes in length unless noted otherwise.
Schedule is subject to change.



Group Fitness Class Descriptions

Intro	Intro classes are complimentary to all Club members. Classes are designs for beginner to intermediate fitness levels.
Cycle Beats	Arrhythmic based spin/cycle class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio, strength, power, and endurance to the beat of playlist that will keep you coming back.
Cycle Power	A spin/cycling workout to increase your performance to motivate and challenge you. Build cardio, strength, and endurance to music you love.
Flow Yoga	Move through different postures and sequences linking breath to each movement. Creates energy and heat building flexibility and strength.
HIITBOX	This workout combines the intensity of high – intensity, interval training with the dynamic movement of boxing. You'll build strength and improve your cardiovascular fitness through a series of punch combinations, bodyweight exercises, and intense intervals. Suitable for all fitness levels, hit box is designed to challenge and empower you, ensuring you leave each session feeling strong, energize, and ready to take on anything. No boxing experience necessary.
Kickboxing Intro	This high energy session, combines boxing drills, kicking, and easy to follow combinations to deliver a fantastic upper and lower body workout. Perfect for all fitness levels, you'll enjoy great challenge while learning the basics of boxing. It is recommended that you bring your own gloves, but gloves are also provided needed.
Chisel	Jumpstart your workout with the innovative, strength and fat burning workout, using both weight and body weight. Focusing on technique while building muscle and endurance. A great class for all levels.
TRX	If you want to sweat, have fun, burn calories, and increase your muscle endurance than TRX is your class. Gravity, resistance and movement provides the ultimate workout to train strength, endurance, balance, coordination, and stability.
Cardio Power Pump	Heavier than usual weights and bars are used in combination with cardio burst for an intense, full body workout. The goal is to push your muscle to the max.
HIIT Intervals	Quick, intense burst of cardio to get your heart rate moving. We go hard we back off to maximize fat burning while muscle building. Muscle work is added between cardio intervals.
Upper/Lower Pump	Quick, efficient, strength, training, targeting your upper body and lower body, Get pumped up and ready to rock.
Strength Cricut	Build in fine muscles with our strength circuit class, lead by our expert personal trainers. Focused on the fundamental of strength training, this all over muscle workout is designed to burn calories, and enhanced muscle definition. Held in our state of the art performance center, our trainers will motivate you with their unique approach, ensuring you achieve your fitness goal. Join us and transform your strength and endurance.